

Curry

RECIPES



*Tasty Dishes
for Every Season*

P. VENCATACHELLUM'S
PEACOCK BRAND
GENUINE MADRAS CURRY POWDER



SERVE CURRY REGULARLY

The Whole Family will enjoy it!



VENCATACHELLUM'S
CURRY POWDER is sold in TINS at 6d., 11½d., 1/6, and 2/9—by all good Grocers and Stores. Look out for the Trade Mark 'PEACOCK' on every tin, and avoid disappointment by firmly refusing all substitutes.

Remember that it is only possible to make a real Indian Curry when Genuine Madras Indian Curry Powder is used.

Nourishing and Sustaining

Perhaps you have never tasted a REAL Indian Curry. If so, you have missed one of the finest dishes imaginable, or on the other hand you may have at some time or other tasted a so-called Indian Curry and have been disappointed with it. In that case it is more than probable that the Curry Powder spoilt the dish.



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Sole Agents for over 40 years :

J. A. SHARWOOD & CO. LTD.

EST. 1889

OFFLEY WORKS, LONDON, S.W.9

AND AT LIVERPOOL & BOMBAY



The Secret **of DELICIOUS CURRY MEALS**

The medicinal value of curry cannot be over-emphasised as a cure for stomach ailments; as a stimulant it has no equal; and were we to cultivate the habit of a "Daily Curry Dish," bodily discomforts (usually attributed to climatic vagaries or dietetic liberties) would be things of the past.

The beneficent use of this aromatic condiment during the cold winter months is too well known to be enlarged upon here.

In India the natives have used curry, in conjunction with what are generally considered the most fattening and overheating of all cereals and oils, as their staple diet for nearly 3,000 years—yet they have remained always cool, slim and active. Surely this long test under the most distressingly hot climatic conditions in the world, is also proof of the wonderful dietetic value of this food during the summer months.

The publication of the simple recipes contained herein has as its object (a) the introduction of this valuable savoury into the British daily menu; (b) the means to provide an experimental foundation for the progressive housewife; (c) an answer to the eternal question "What can I give them to-day for a change?"

HINTS ON CURRY

- **Coconut Stock**, water, sauce, and milk are frequently mentioned in this booklet, the reason for this is that coconut is often considered as essential to curry dishes as the fire is to its cooking. These preparations can be substituted by the usual vegetable stock, water, milk or any suitable sauce.
- **Lemon Juice** sprinkled over or used during the preparation of any of these recipes will improve the flavour, as will apple thinly sliced and cooked with the onions.
- **Salt and Pepper** used in curry dishes should be used only during the preparation and cooking. Pepper must be used sparingly.
- **Indian Mango Chutney** greatly enhances the value of curry dishes, but care must be taken to use only real chutney—"green label" Indian Mango chutney can be relied upon.
- **Bombay Ducks** (Bommaloë fish). A small fish about the size of a smelt, caught off the west coast of India. The fish are dried in the sun, and are considered indispensable with an Indian curry. Powder and sprinkle on the curry.
- **Poppadums**. Thin Indian biscuits, slightly toasted, enrich the flavour of any curry dish.

Recipes

DELIGHTFUL DISHES FOR EVERY SEASON

COCONUT STOCK OR WATER

Place breakfastcupful of desiccated coconut into a quart jug, scald and allow to stand, continue the operation until requisite amount of liquor is obtained.

COCONUT MILK

To a teacupful of desiccated coconut add $\frac{3}{4}$ pint of boiling milk, allow to stand for an hour or two.

HOW TO COOK RICE

Into a quart of fast-boiling salted water pour slowly $\frac{1}{2}$ lb. best Patna rice, which has been well washed in three or four changes of water. Take care that the water does not go off the boil. Cook until the rice is just tender, strain into sieve or colander, pour over this a quart of cold water, allow to drain, place on hot plate and allow to stand in a slow oven for 5 minutes.

Try this Special Curry Dish To-day



USEFUL AND DELICIOUS

SPECIALLY RECOMMENDED BY

P. VENCATACHELLUM

MANUFACTURERS OF THE FAMOUS

“PEACOCK BRAND”

GENUINE MADRAS CURRY POWDER

CURRIED CHICKEN OR MUTTON, ETC.

Take a chicken weighing about a pound and a half, joint it, wash in water, and sprinkle over a large teaspoonful of salt, then cut up two small onions and fry them in a chatty or stewpan with a tablespoonful of butter or ghee until brown, then add the chicken and 2 tablespoonsful of curry powder, with 3 wineglassesful of cold water; stir all well together and stew for 20 minutes longer, then add a dessertspoonful of lime juice which will make a delicious Indian Curry.

N.B.—The same quantity or weight of mutton, veal, pigeons, partridges, fish, etc., may be substituted for that of chicken.

GENUINE MADRAS CURRY POWDER



TO PREPARE A HASTY CURRY

Place in a stewpan 1 tablespoonful of **Vencatachellum's Curry Powder**, and add sufficient stock or water to make a gravy. Place on the fire until heated, then add the cold meat, fish, poultry, etc. Warm through and serve with rice. Garnish with "green label" chutney.

HOW TO TURN THAT COLD MEAT INTO A DELICIOUS INDIAN CURRY

Take the cold meat which you have "left over" and use it up as follows: To $\frac{3}{4}$ lb. cold beef, mutton or poultry add— $1\frac{1}{2}$ oz. Butter, Dripping or Lard, 1 medium sized Onion (chopped), $\frac{1}{2}$ pint Stock (or pulped Tomatoes), 1 tablespoonful **Vencatachellum's Curry Powder**, Salt, Lemon Juice (or Vinegar) to taste, Rice.

Method : Melt the butter (or dripping), add the chopped onion and fry till a golden brown, then add the curry powder and mix well. Add the meat (cut into small pieces) and fry in the ingredients for 2 or 3 minutes, then add the stock (or pulped tomatoes) and cook slowly for about $\frac{1}{2}$ hour, stirring well. Add salt, lemon juice (or vinegar) to taste, and serve hot.

CURRIED VENISON

Ingredients : 1 breast of Venison; 1 lb. Minced Venison and Pork Meat; 1 clove of garlic; Bread Crumbs; 1 Onion; $\frac{1}{2}$ gill Sour Cream; 1 Egg; juice of Lemon; Salt; 1 dessertspoonful **Vencatachellum's Curry Powder**.

Method : Make a stuffing of the minced onion, garlic, meat, bread crumbs, curry powder and sour cream, squeeze of lemon juice and bind with egg. Place the prepared breast in saucepan with $\frac{1}{2}$ pint vinegar and cover with water, allow to simmer for 1 hour. Remove and thoroughly dry, salt and lard, cover with bread crumbs. Complete cooking in a steady oven.



EAT CURRY REGULARLY

Continental Dishes



CURRIED ROAST CHICKEN WITH LADYS-FINGERS (Greek)

Ingredients : 1 small Chicken; 1 tin of Ladysfingers; Butter; Coconut Milk; 1 dessertspoonful **Vencatachellum's Curry Powder**.

Method : Place the jointed chicken with ladysfingers into a casserole with butter and roast till tender. Add curry powder made into a thin paste with milk, season with salt and pepper, cook in a slow oven till browned. Serve with rice.

CURRY PIE (Dutch)

Ingredients : 3 or 4 slices of Boiled Pork; 1½ lb. Boiled Potatoes; 1 Onion; 2 Apples; 1 teacupful of Stock; 1 oz. Butter; Salt; 1 dessert-spoonful **Vencatachellum's Curry Powder**.

Method : Slice and fry the onion and apples in butter until tender. Add curry powder and cook till brown, place in a pie-dish alternate layers of sliced potatoes, apples and onions, meat. Pour over the stock and bake in a hot oven.

CURRIED PORK AND PIMIENTOS (Spanish)

Ingredients : 2 or 3 Chops or Fillets of Pork; 1 Onion; Butter; 2 or 3 Pimientos; 1 tablespoonful **Vencatachellum's Curry Powder**.

Method : Fry pimientos in butter that the pork chops have already been fried in. Fry the onions in butter and stir with curry powder; add chops and pimientos, and allow to simmer for 10 minutes. Aubergines may be used in place of pimientos.

INVALUABLE FOR THE ATHLETE OR INVALID

Please you
with these

CURRIED HERRINGS

Ingredients : 2 Fresh Herrings; 2 teaspoonsful Salt; 2 tablespoonsful **Vencatachellum's Curry Powder.**

Method : Cut open and fillet the fish and rub in mixture of salt and curry powder. Fry in oil. The fish should be prepared an hour or more before cooking.

PRAWN CURRY

Ingredients : 1 pint Prawns (skinned); 2 Onions (chopped); 4 Tomatoes (skinned); 1 teacupful Lentils; 3 oz. Butter; 1 dessertspoonful **Vencatachellum's Curry Powder.**

Method : Fry the onions in the usual manner, stir in curry powder and lentils (previously soaked overnight), add tomatoes and mash with fork, add $\frac{1}{2}$ cup of stock and prawns and allow to simmer till lentils are cooked.

FORCEMEAT CURRY BALLS

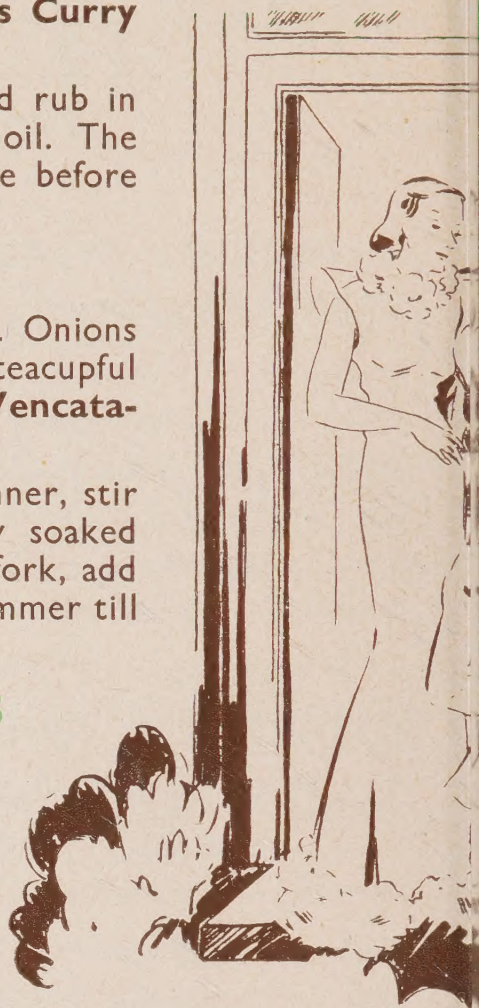
Ingredients : 1 lb. cold Beef, Mutton or Pork (minced); 1 small Onion (minced); 2 teaspoonsful Mixed Herbs; $\frac{1}{2}$ teacupful Bread Crumbs; White of 1 Egg; 2 oz. Lard; 1 teacupful Stock; 1 dessertspoonful **Vencatachellum's Curry Powder.**

Method : Place meat, onions, herbs, curry powder, salt and pepper in mixing pan and form paste with whites of egg, utilising stock if necessary to form firm balls, roll each in bread crumbs and fry in lard to light brown, add remaining stock, and allow to simmer for 1 hour.

CURRIED MUSHROOMS

Ingredients : 1 lb. Mushrooms; 1 Onion; 2 oz. Butter; $\frac{1}{2}$ pint Coconut Milk; pinch of Salt; 1 dessertspoonful **Vencatachellum's Curry Powder.**

Method : Chop and fry onions to a golden brown, add curry and salt, stir in the milk gradually and allow to simmer for 2 minutes. Add mushrooms, cook slowly. Serve with milk.



CURRY

Ingredients :
Onions; 1
teaspoonsful
Curry Pow

Method : Mi
very lightly
tender, stir
curry powde

Guests too

lightful dishes



STUFFED CURRIED AUBERGINES

Ingredients : 1 Onion; 2 large Aubergines; $\frac{1}{4}$ lb. Fresh Pork (cooked and minced); Bread Crumbs; 1 Egg; Salt and Pepper; 1 teaspoonful of **Vencatachellum's Curry Powder**.

Method : Cut the aubergines lengthwise, cook in butter till tender, stir in curry powder, take up the aubergines and remove the pulp. Mix pulp, onions, curry powder, salt and pepper and cook for a few minutes in hot buttered pan, add bread crumbs and bind with egg. Stuff each aubergine with this mixture and cook in a steady oven.

CURRIED KIDNEYS & GHERKINS

Ingredients : 3 to 4 Lamb Kidneys; 1 Onion; 2 oz. Butter; Salt; 1 dessertspoonful **Vencatachellum's Curry Powder**.

Method : Chop and fry the onions in butter until tender, add curry powder and kidneys; when cooked remove kidneys and thicken sauce with flour. Serve with sauce, gherkins and potatoes.

MULLIGATAWNY SOUP

Recipe used and recommended by well-known Chef

Ingredients : 1 Rabbit; 3 Onions; Butter; 1 oz. of Flour; $1\frac{1}{2}$ table-spoons of **P. Vencatachellum's Curry Powder** $\frac{1}{2}$ breakfast-cup "green label" Indian Mango Chutney; Juice of 1 Lemon.

Method : Fry the thinly sliced onions in butter and place in stew-pan, fry thin strips of meat and place on top of onions, pour in $1\frac{1}{2}$ pints of stock and allow to simmer for $\frac{3}{4}$ of an hour, remove meat and onions and bring stock to which the remainder has been added, to the boil.

Make a smooth paste of onions and flour and stir well in, stir in curry powder and allow to simmer gently for one hour, add Chutney after twenty minutes and lemon juice just before serving, add the best pieces of meat rubbed or pounded allowing time to warm through. Serve with rice.

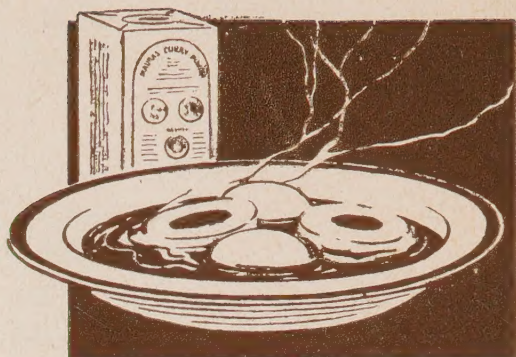
YONNAISE

2 oz. Butter; 2
Mayonnaise; 3
Vencatachellum's

and fry onions
the butter till
mayonnaise and

FOR PICNIC, PARTY OR BANQUET

Meatless Dishes



COCONUT SAUCE

Pour a teacupful of milk into the saucepan and allow to warm slowly, adding the desiccated coconut to required thickness, continue stirring until the milk boils, remove and allow to cool.

CURRY OMELET

Ingredients : 2 Eggs; 1 minced Onion; 3 tablespoonsful Coconut Milk; Butter; 2 teaspoonsful Sugar; Salt; Pepper; 2 teaspoonsful **Vencatachellum's Curry Powder**.

Method : Separate yolks and whites, add sugar to whites and beat to foam. Beat up yolks, adding curry powder, milk, salt and pepper. Fry onion in butter till golden brown, pour in yolk mixture, stirring until slightly set, beat up whites, pour in pan, stirring sharply to mix; allow to set, fold, turn, and serve on hot dish.

CURRY OF VEGETABLES

Ingredients : 1 large Onion; $\frac{1}{2}$ lb. each cooked Carrots, Potatoes, Cabbage; 1 oz. Butter; $\frac{1}{2}$ oz. Flour; $\frac{1}{2}$ pint Coconut Stock; 2 dessertspoonsful "green label" chutney; 2 teaspoonsful **Vencatachellum's Curry Powder**.

Method : Fry finely chopped onion in butter, add curry powder, stock and chopped chutney. Allow to simmer for 15 minutes. Dust lightly chopped vegetables with flour and fry till light-brown in colour, add curry mixture and steam for 10 minutes. May be served with rice.

THERE IS NOTHING TO TAKE THE PLACE OF

MEATLESS DISHES

continued



CURRIED EGGS

Ingredients : 4 hard-boiled Eggs, halved lengthwise; 4 chopped Onions; 2 oz. Butter; $\frac{1}{2}$ teacupful Coconut Stock; 1 tablespoonful **Vencatachellum's Curry Powder**.

Method : Fry the onions in butter till light brown, stir in stock and allow to simmer for a few minutes; add eggs and simmer till sauce is sufficiently thick.

EGG AND VEGETABLE CURRY

Ingredients : 2 lb. cooked Mixed Vegetables; 3 Onions; 1 teacupful Coconut Stock; 2 oz. Butter; 3 hard-boiled Eggs; 1 tablespoonful of **Vencatachellum's Curry Powder**.

Method : Mince and fry onions to a light brown, stir in curry powder, add stock, vegetables (cut in small pieces), and peas. Allow to simmer gently for 20 minutes. Garnish with sliced eggs and serve with "green label" chutney.

CURRIED CAULIFLOWER

Ingredients : 2 large cooked Cauliflowers; 3 peeled Tomatoes; 2 Onions; 1 pint Peas (cooked); 2 oz. Butter; 1 breakfastcupful of Coconut Stock; 1 dessertspoonful of **Vencatachellum's Curry Powder**.

Method : Chop and fry onions as above, add curry powder and stock, stir and add separated sprigs of cauliflower and peas. Add tomatoes and mash lightly to extract juice. Garnish with egg and nutmeg. Serve with rice.

VENCATACHELLUM'S CURRY POWDER

"GLOBE BRAND" SLICED INDIAN ALPHONSE MANGOES IN SYRUP



"THE KING OF FRUITS"

This delicacy can be eaten alone, with ice-cream, as a dessert, or as a "Mango Melba."

**NO OTHER CANNED FRUIT CAN BE COMPARED WITH
THESE LUSCIOUS RIPE MANGOES.**

Probably the only form, but certainly the best, for bringing the Indian Mango from its sun-drenched orchards to the festive board of those who would enjoy the delightful flavour of its freshness. Careful selection from specially cultivated trees which bear fruit most suitable for this purpose gives it the supremacy over all other dessert fruits.

They have been described by eminent members of the medical profession in a recent report issued by the Empire Marketing Board as one of the most potent known natural sources of Vitamin C. It contains six times as much of this vitamin than the most potent apple known. It also contains Vitamin A, the vitamin which protects against infection.

A "GLOBE BRAND" PRODUCT.

OBTAINABLE IN SMALL AND LARGE TINS

green label' chutney

INDIAN MANGO

UNTIL SHARWOODS pioneered INDIA'S noted MANGO Chutney throughout the British Empire, this delicious addition to the table was a costly luxury indulged in only by those who had lived in India and who could afford its high cost.

CHUTNEY is a condiment of Indian origin, composed of MANGO Slices, Oriental Spices and other ingredients selected for their aromatic, stomachic, and appetising properties. The best Chutney—this is acknowledged all over the world to be "green label"—depends upon two secrets—the complete INDIAN recipe and the result of perfected machinery and skilful application of modern methods in the up-to-date factory.

Selected solid mango slices only are used, and NO APPLE PULP or other kinds of cheaper fruit are added, the result being that "green label" Chutney is known throughout the world as the "Standard" Chutney. Those who KNOW will not have any other kind. The appetising qualities and superior flavour and aroma of "green label" Chutney are due to the care in selecting the mango slices and other choice ingredients, and the use of the original methods of preparation with modern appliances.

THE Mango Tree takes five years to come to maturity from seed time, and grows to a great height (as much as 60 ft.). It has firm, smooth, resinous smelling leaves and bears many white and yellow streaked flowers, which are followed by one of the most esteemed fruits of the East.

The MANGO fruit itself is kidney-shaped, slightly golden in colour, with a smooth rind which turns reddish in colour when ripe. It is sweet, rich flavoured and juicy, resembling the melon, and contains much nourishment.

After gathering, the mangoes are carried by coolies to storehouses, where they are carefully graded and stored ready for use.

After the stones are removed the mango is cut into slices of a regular size ; the slices are then packed in layers in casks, where they are matured by a special process ready for cooking.

Cooking is carefully done so as to keep the slices solid but tender, and in such a way as to keep them a nice golden colour.

MANOCKJEE POONJIAJEE & SONS (J. A. SHARWOOD & CO. Ltd., Successors) were the Original Firm who first commenced the exportation of Indian Condiments from Bombay in 1843.

FOR ORIGINAL CHUTNEY DISHES SEE RECIPES ON PAGES 14 and 15

BE SURE

the picture of THE "TOM-TOM MAN" and
the name J. A. SHARWOOD & Co. Ltd. are
on the green label—

YOUR GUARANTEE OF QUALITY



Regd. Trade Mark

6d. to 2/6 of all good Grocers & Stores

J. A. SHARWOOD & CO. LTD.

THE LARGEST DEALERS OF INDIAN CONDIMENTS IN THE WORLD
OFFLEY WORKS, LONDON, S.W.9
AND AT LIVERPOOL & BOMBAY

Delightful dishes— for

FOR THE SUMMER

“green label” CHUTNEY CROUTES

Ingredients : 1 oz. Butter; 2 ozs. Breadcrumbs; Pepper and Salt and a little Cayenne to taste; Yolks of 2 hard-boiled Eggs; 2 tablespoonsful “green label” Chutney finely minced.

Method : Melt the butter, add the finely made breadcrumbs, seasoning, and yolks of eggs. Mix thoroughly and smoothly and then add the Chutney, which should be finely minced. Place on rounds of fried bread in little heaps, and decorate with watercress or small sprigs of parsley.

CHUTNEY SALAD DRESSING

Ingredients : 1 teaspoonful made Mustard; 2 tablespoonsful Salad Oil; 2 tablespoonsful Milk; 2 tablespoonsful Cream or Condensed Milk; 2 tablespoonsful Vinegar; 2 tablespoonsful “green label” Chutney cut up finely; Pepper and Salt to taste; 1 teaspoonful Sugar.

Method : Mix mustard, sugar, pepper and salt together; add oil, mix together, then add cream and milk, carefully stir in the vinegar drop by drop. Then mix in the chopped Chutney and juice of same. Good with fish or meat or any dish.

CHUTNEY SCRAP PIE

Ingredients : $\frac{1}{2}$ lb. lean scraps of cold Mutton or Beef; 1 Carrot; 1 Onion; 1 Turnip; 3 or 4 Potatoes; Pepper and Salt; 2 tablespoonsful “green label” Chutney.

Method : First slice all the vegetables, then place with all the rest of the ingredients in a pan and cover with cold water. When just on the boil lay a suet crust on top of meat and vegetables, etc., rolled out to fit pan inside. Put lid on and let all simmer gently for about one and a half hours. Suet crust should be made as follows : Take 1 lb. of flour mixed with $\frac{1}{4}$ lb. of shredded suet, one teaspoonful of baking powder and pinch of salt. Sufficient water to make stiff dough. *This dish will be found most appetising as well as economical.*

“green label” TOMATOES

Ingredients : $\frac{1}{2}$ lb. cooked Meat finely minced; 2 dessertspoonsful “green label” Chutney minced also; 1 oz. Margarine oiled; 1 heaped teaspoonful freshly made breadcrumbs; Seasoning of Salt, Cayenne Pepper, and a few drops of Lemon juice; 6 firm Tomatoes.

Method : Cut off tops of tomatoes and scoop out the pulp, leaving a fairly hollow case. Fill

with the above ingredients thoroughly mixed and serve cold. If desired to serve hot make the ingredients thoroughly hot in a saucepan before filling tomatoes, then place tomatoes in a hot oven for a few minutes.

NABOB’S DUCK

Ingredients : 1 good-sized Marrow, Sage and Onion stuffing—i.e., 1 breakfast cup breadcrumbs; 1 breakfast cup boiled chopped Onions, Sage as liked (2 chopped tablespoonsful); Salt; pinch **P. Vencatachellum’s Curry Powder**; 1 tablespoonful chopped “green label” Chutney.

Method : Peel the marrow, cutting it in half lengthwise; remove pith. Fill the hollow with the stuffing after adding chutney, seasoning, and 1 oz. melted butter. Tie up with tape or coarse white wool, wrap up in buttered paper, and roast in fairly hot oven for one or one and a half hours according to size of marrow. Serve with brown gravy poured over.

HERRINGS WITH CHUTNEY

Ingredients : 6 Herrings; 4 tablespoonsful “green label” Chutney cut up small.

Method : Cut down the backs of the herrings, remove bone and roe, lay them in vinegar for a few minutes. Then take them out and spread the insides with a fine layer of Chutney. Fold the herrings over and fasten them, then fry in a little hot fat (if necessary). Serve on a slice of hot toast, and send to table very hot. Herrings if fat in themselves will require *no fat* for frying them in. Instead do this—sprinkle *very lightly* your pan with *fine salt only*. Lay in your herrings where the pan is hot and turn sides with them where they require it. The herrings usually give out all the fat required for cooking themselves in.

CHUTNEY OMELETTES

Ingredients : 2 ozs. plain Flour; 1 Egg; $\frac{1}{2}$ teacupful Milk; 1 saltspoonful of Salt; 1 good pinch of **P. Vencatachellum’s Curry Powder**; Pepper to taste; 2 tablespoonsful of “green label” Chutney.

Method : Mix the flour and milk together with the salt, Curry Powder, and pepper to a fine paste, beat the egg to a stiff froth and add it to the mixture. Pour into a well-greased pan and fry carefully for three minutes; turn out on a hot plate and cover with a layer of “green label” Chutney. Serve hot.

ALWAYS INSIST on “green label” Chutney
(Indian Mango)

all the year round—

FOR THE WINTER

TOAD IN THE HOLE WITH CHUTNEY

Ingredients : 1 lb. of Beef or Mutton cooked; 2 tablespoonsful of "green label" Chutney minced; Pepper and Salt. *For Batter*— $\frac{1}{4}$ lb. Flour; $\frac{1}{2}$ pint Milk; 1 Egg; Salt.

Method : Make batter some time before using, as it is lighter for standing a while after making. Take the flour and make a well in the centre, break in the egg and add half the milk, beating well till quite smooth. Then add remainder of the milk and beat it in. Add salt to season. On the pieces of meat spread a layer of the Chutney finely minced. In a suitable baking-tin or dish put 2 ozs. dripping to form a layer on the bottom. Melt same, then pour in half the batter and put in the oven to cook till set. When set, remove from oven and put the slices of meat and Chutney in the tin. Pour on the top of these the remaining batter and bake in sharp oven for thirty minutes.

CHUTNEY POTATOES

Ingredients : 6 large baking Potatoes; 3 tablespoonsful "green label" Chutney; 3 tablespoonsful cooked mince-meat—Beef or Mutton; Seasoning (Pepper and Salt); 1 beaten Egg.

Method : Bake potatoes in their skins, cut off tops and scoop out contents, being careful not to break the skins. Chop "green label" Chutney finely and mix with meat, potato and seasoning, and bind with egg. Stuff the potato skins with this mixture, and place in moderate oven for ten minutes. Serve hot with brown gravy poured over.

SALMON FRITTERS

Ingredients : 1 tin of Salmon—drained and cut up small; 1 tablespoonful "green label" Chutney cut up small; Pepper and Salt. *Batter*— $\frac{1}{4}$ lb. Flour; $\frac{1}{4}$ pint Water; Salt; 1 Egg; 1 teaspoonful Salad Oil.

Method : Take flour and break yolk of egg in centre, add salt and oil, and beat in, adding water gradually till the batter is smooth. Lastly add white of egg stiffly whisked. Add salmon and Chutney to the batter, and drop spoonfuls in hot fat and fry till a golden colour. Drain and serve hot.

SQUAB PIE

Ingredients : 4 Spanish Onions sliced; 6 sour Apples sliced; 4 Pork or Mutton Chops or slices of either cooked or uncooked Mutton or Beef; 2 tablespoonsful "green label" Chutney; Salt and Pepper.

Method : Put a layer of sliced onion in a pie-dish, then a layer of sliced apple. Next the layer of slices of meat or the chops, spreading on them first pepper and salt, and then the minced Chutney. Repeat layers until dish is full, and put in a little good stock or gravy. Cover with a good short crust, and bake for one hour in a moderate oven. This is a well-known West of England dish, most popular in Devonshire.

CHUTNEY FISH

Ingredients : 1 lb. filleted Cod—fresh or smoked; 1 oz. Margarine; 1 tablespoonful of flour; 1 tablespoonful chopped Parsley; $1\frac{1}{2}$ tablespoonsful "green label" Chutney; Milk; grated Cheese.

Method : Wash fish thoroughly, soak in cold water half an hour, if smoked. Put into saucepan and cover with cold water, bringing quickly to boil; reduce heat and simmer for twenty minutes. Remove fish from pan, adding the margarine to liquid in pan. Pound the fish, then add thereto chopped parsley and chopped Chutney. Have ready smooth paste of flour and milk. Stir this into liquid in pan; when it thickens a little add the pounded fish, parsley and Chutney. Heat all up, stir and serve on toast with addition of a little grated cheese. If fresh fish, use salt and pepper to taste.

"green label" chutney

(INDIAN MANGO)

adds the finishing touch to a well made CURRY

"green label" Chutney (Sweet Sliced Indian Mango) is undoubtedly the best accompaniment with a well-made Curry, but in addition to its use with Curry, this fruity, juicy Chutney makes the plainest everyday food tasty and pleasing. Adds zest to appetite ; stimulates digestion ; costs little, but adds much enjoyment to any meal.

& P. VENCATACHELLUM'S "Peacock Brand" Genuine Madras CURRY POWDER

“green label” chutney

is more than a pickle



—it is a “chutney,” made from the Indian mango—the most luscious fruit ever grown and rich in health-giving Vitamins—blended with the choicest oriental spices it is the perfect addition to all cold meats, curries, stews, etc., etc.

Try “green label” chutney
WITH YOUR NEXT COLD JOINT

**IT IS QUITE
INEXPENSIVE**

6d. to 2/6

**IT IS SO MUCH
NICER
YOU WILL LIKE ITS
DELICIOUS FLAVOUR**

all good grocers sell it

See Pages 13, 14 and 15 for
“All the year round” Chutney Recipes.

**‘green label’
chutney**
INDIAN MANGO